




JANUARY 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Adult Wellness Center</div><div>Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</div></div>	<div><div>AWC Book Sale</div><div>starts January 22nd at 1:00PM</div><div></div></div>	<div><div>1 AWC Closed</div><div></div></div>	<div><div>2</div><div>8:15 Zumba* 10:00 Open Woodcarving 11:00 Enjoy Life Gluten Free* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand &amp; Foot 1:00 Pickin’ Circle</div></div>	<div><div>3</div><div>9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF: Dancing &amp; Fun</div></div>
<div><div>6</div><div>9:00 Line Dancing 10:00-2:00 Blood Drive 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 10:30 Open Euchre 11:00 Essentrics Classical Stretch Workshop* 12:00 Open Mah Jongg 12:30 Pinochle/1:00 Open Dominos 3:00 Pinochle Lessons* 5:30 Ballroom Dance*</div></div>	<div><div>7</div><div>8:15 Zumba* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 11:00 Healthy Living for Your Brain &amp; Body* 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle</div></div>	<div><div>8</div><div>9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Air Power Lung Society 12:00 Northwest Lunch &amp; Learn* 1:00 Bridge Club 1:00 Parkinson’s Support Group 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing</div></div>	<div><div>9</div><div>8:15 Zumba* 9:00-11:00 Coffee with the Elder Law Attorney 9:00-11:00 Medicare Q &amp; A 10:00 Garden Volunteer Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand &amp; Foot 1:00 Pickin’ Circle</div></div>	<div><div>10</div><div>9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF: Dancing &amp; Fun</div></div>
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<div><div>20</div><div>AWC Closed Martin Luther King Day</div><div></div></div>	<div><div>21</div><div>8:15 Zumba* 9:00-1:00 AARP Driver Safety* 10:00 Guitar Lessons* 11:00 Stock Market Volatility Related to an Election Year* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle 1:00 Stroke Support Group</div></div>	<div><div>22</div><div>Book Sale Starts 10am 9:00-11:00 Medicare Q &amp; A 9:30 Dominos/10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 For Your Health with Blue Cross Blue Shield* 1:00 Bridge Club 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing</div></div>	<div><div>23</div><div>Book Sale 8:15 Zumba* 10:00 Open Woodcarving 11:00 LIFT for Widows &amp; Widowers* 11:00 Winter Fall Prevention* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand &amp; Foot 1:00 Pickin’ Circle</div></div>	<div><div>24</div><div>Book Sale 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF: Dancing &amp; Fun</div></div>
<div><div>27</div><div>9:00-11:00 Line Dancing 10:00 Yarn/10:00 Mah Jongg Lessons* 10:30 Open Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Creative Card Making* 1:00 Open Dominos 1:00-3:00 Tech Tutoring* 3:00 Pinochle Lessons* 5:30 Ballroom Dance*</div></div>	<div><div>28</div><div>8:15 Zumba* 10:00 Guitar Lessons* 11:00 Reading Food Labels* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle 2:00 Book Club</div></div>	<div><div>29</div><div>9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 1:00 Bridge Club 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing</div></div>	<div><div>30</div><div>8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand &amp; Foot 1:00 Pickin’ Circle</div></div>	<div><div>31</div><div>9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF: Dancing &amp; Fun</div></div>

ADULT WELLNESS CENTER JANUARY CLASS & ACTIVITY SCHEDULE

**AARP Driver Safety Jan 21st 9am-1pm Game Rm A** Learn safe driving tips and save money on your car insurance. Class is \$15 for AARP members and \$20 for others. Register by Jan 16th.

**Air Power Lung Society Jan 8th 11am Game Rm A**  
Open to anyone who has chronic respiratory disease. Facilitated by Melinda Johns of Mercy.

**AWC Bingo Party Jan 17th 1pm Dining Rm** Only \$5 to play with the chance to win a \$10 gift card to local businesses.

**Ballroom Dance M 5:30-6:30pm Dining Rm** In January and February we'll be learning the Country Two Step. Due to Monday holidays, this class will be one six-week session for \$35. Instructed by Jerry Kendrick of Dance & Swing. Register by Jan 3rd.

**Basket Weaving Jan 13th 1pm Art Rm**  
Weave a beautiful basket with Debbie Hurd. Class is \$5 plus supply cost to the instructor. A sample basket and cost will be available at the front desk by Jan 3rd.

**Blood Drive Jan 6th 10am-2pm Game Rm A** Donate blood with CBCO and get an awesome long-sleeve t-shirt!

**Book Club Jan 28th 2pm Board Rm** New members welcome!

**Bridge Club W 1pm Game Rm B**

**BUNCO Jan 16th 1pm Game Rm A** Only \$2 to play! BUNCO is lively and fun, with the chance to win a \$5 Wal-Mart gift card.

**Caregiver Support Group Jan 16th 10am Board Rm**  
Facilitated by the Alzheimer's Association. All are welcome!

**Coffee with the Elder Law Attorney Jan 9th 9-11am Board Rm** Stop by and get your personal questions answered from Elder Law Attorney, Todd Whatley.

**Creative Card Making Jan 27th 1pm Art Rm** Learn to make beautiful card projects with Genice Banning. Class is \$5 plus \$15 to the instructor for supplies. Register by Jan 24th,

**Diamond Painting W 10am-12pm Board Rm**  
Join us and work on your own project.

**Duplicate Bridge T 12-4pm Game Rm B**

**Duplicate Bridge F 12-4pm Game Rm A**

**Eating Well with Diabetes Jan 14th 11am Game Rm A**  
Mercy Diabetes Educator, Pamela Laney, will discuss foods to eat & foods to avoid with diabetes. She'll also talk about serving sizes & guidelines for a healthy diabetic diet. Register by Jan 13th.

**Essentrics Classical Stretch Workshop Jan 6th 11am Dining Rm** Join us in this introductory workshop to learn about Esscentics, an original workout that draws on the flowing movements of tai chi, the strengthening behind ballet and the healing principles of physiotherapy. Workshop is \$5. Register by Jan 3rd.

**Essentrics Classical Stretch M 11:30am-12:15pm Starts Jan 13th Dining Rm** Cindee Johnson instructs this workout which enhances flexibility, tones & shapes the body, strengthens muscles, improves posture & balance and relieves stress. Class is \$25 for five sessions through January & February. Register by Jan 9th

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**Enjoy Life Gluten Free Jan 2nd 11am Board Rm** If you have a gluten free or dairy free diet, join us to discuss recipes or ideas.

**For Your Health with Blue Cross Blue Shield Jan 22nd 11am Game Rm A** Join us for some interactive learning with Blue Cross Blue Shield. Watch for more details. Register at the front desk.

**Garden Volunteer Meeting Jan 9th 10am Multipurpose Rm**

**Guitar Lessons T 10am-12pm Dining Rm** This class is for any level of player. \$45 class fee for four sessions. Register by Jan 6th.

**Healthy Living for Your Brain and Body Jan 7th 11am Game Rm A** Get tips drawn from the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Presented by the Alzheimer's Association.

**Lifewriting Th 1pm-3pm Board Rm** This memoir writing group meets monthly. Please talk with Brandy in the office for more info.

**LIFT for Widows & Widowers Jan 23rd 11am Dining Rm**  
For those who have lost a spouse. A delicious lunch will be served and we'll have a fun activity afterward. Register by Jan 21st.

**Line Dancing Every M & F 9am-11am & W 5-7pm Dining Rm**  
No registration is required. First hour is for beginners and the second hour is intermediate level.

**Mah Jongg Lessons M 10am-12pm Multipurpose Rm** Learn to play this popular Chinese tile game. \$10 fee. Register by Jan 3rd.

**Medicare Q & A Jan 9th & 22nd 9am-11am Lobby** Stop by and get your basic Medicare questions answered from Humana.

**Member Meeting Jan 30th 10am Game Rm A** If you have any questions or suggestions for the AWC, please come and share them.

**Northwest Lunch & Learn Jan 8th 12pm Dining Rm** Enjoy an interesting program & delicious lunch! Register by Jan 3rd.

**Open Dominos M 1pm–3:30pm Demo Kitchen**

**Open Dominos W 9:30am-12pm Demo Kitchen**

**Open Euchre M 10:30-12pm Game Rm B**

**Open Hand & Foot TH 1pm-4pm Demo Kitchen**

**Open Mah Jongg M 12pm-4pm Multipurpose Rm**

**Open Mah Jongg TH 12:00pm-4pm Multipurpose Rm**

**Open Paper Crafting F 9am-2pm Art Rm**

**Open Woodcarving TH 10am-12pm Art Rm**

**Parkinson's Support Group Jan 8th 1pm Game Rm A**  
For those with Parkinson's Disease and their family members or caregivers. Facilitated by Michele Love.

**Pastel Class T 1pm or W 10am Art Rm**  
Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. \$30 fee for four sessions. Register by the day before the class starts.

**Photo Club Jan 14th 11:30am Multipurpose Rm**  
Join other AWC members who enjoy photography!

**Pickin’ Circle T & TH 1pm Dining Rm** All levels are welcome!

**Pinochle M & F 12:30pm–3:00pm Game Rm B**

Also check out our Fitness and Pool class schedules at the front desk!

**Pinochle Lessons M 3pm Board Rm**  
Instructed by Margot Tarcikowski. Please register by Jan 3rd.

**Pottery for Beginners W 2:00-4:00pm Art Rm** Learn to create pottery with David & Monica Campio and other AWC pottery studio artists. Our January/February is designed to be taken consecutively and will prepare students for their independent work in the pottery studio. Class is \$50, all supplies included. Register by Jan 6th.

**Pottery Studio W 4-6pm Art Rm**  
This is for advanced, independent students only. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time, and six pieces fired per month.

**Qigong Class New Class Starts Jan 10th F 10-11:30am Game Rm B** This class will include the Wudang 5 Animal Postures and is instructed by Jason Salgado. \$20 for four sessions. Register by Jan 8th.

**Reading Food Labels Jan 28th 11am Game Rm A** Find out what a food label reveals about what's really in your food, and whether your favorite foods are as healthy as you think. Presented by Misty Burkes with Humana. Register by Jan 27th.

**Red Hats Birthday Party Jan 15th 11:30am Demo Kitchen**  
Our theme is “Who’s an Old Lady?” and prize will be given to the funniest “old lady look”. Bring a wrapped gift worth \$10 or less. Ice cream and cake will be served.

**Stock Market Volatility Related to an Election Year Jan 21st 11am Game Rm A** Learn what the volatility index is, how to read it, and how it is affected in an election year from Thrasher and Chambers. Register by Jan 20th.

**Stroke Support Group Jan 21st 1pm Multipurpose Rm**  
For anyone who has had a stroke. Facilitated by Kandy Salter, U of A/UAMS Professor and Primrose Retirement.

**Tech Tutoring M 1-3pm Starts Jan 13th Board Rm**  
Becky Booher provides personal tutoring by appointment for your cell phone, laptop, or I-Pad. \$15 per 30-minute session.

**TGIF Dancing & Fun F 5:00-6:30pm Dining Rm**  
Shake off the week with some dancing, relaxing and socializing.





**Wellness Wisdom Workshop: The Body Jan 15th 11am Game Rm A** Join us for our first in a series of free workshops that will cover the dimensions of wellness that allow you to lead a balanced life. This session will focus on your body. Learn to eat, move, rest and feel energized from Jade Goodyear, AWC Fitness & Media Coordinator. Register by Jan 14th.

**Winter Fall Prevention Jan 23rd 11am Game Rm A**  
More falls happen in winter months! Learn to be extra careful this winter season with tips from Rene’ Garcia-Oliver of the Schmieding Center. Register by Jan 22nd.

**Yarn Wranglers M 10am-12pm Art Rm**  
If you enjoy crafting with yarn, bring your project and join us!

**Zumba T&TH 8:15am Dining Rm** Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25. Free for Silver & Fit members!



FEBRUARY 2020					Also check out our Fitness and Pool class schedules at the front desk!				
Monday	Tuesday	Wednesday	Thursday	Friday					
<b>3</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers <b>10:30 Open Euchre</b> <b>11:30 Essentrics Classical Stretch*</b> 12:00 Mah Jongg/12:30 Pinochle <b>1:00 Oil Painting Workshop*</b> 1:00 Open Dominos <b>1:00-3:00 Tech Tutoring*</b> <b>3:00 Pinochle Lessons*</b> <b>5:30 Ballroom Dance*</b>	<b>4</b> <b>8:15 Zumba*</b> <b>10:00 Guitar Lessons*</b> <b>11:00 Veteran’s Benefit Information Session*</b> 12:00 Duplicate Bridge <b>1:00 Pastel-Tuesday*</b> 1:00 Pickin’ Circle	<b>5</b> 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> 1:00 Bridge Club <b>1:00 Parkinson’s Support Group</b> <b>2:00-4:00 Pottery for Beginners*</b> <b>4:00-6:00 Pottery Studio*</b> 5:00 Line Dancing	<b>6</b> <b>8:15 Zumba*</b> 10:00 Open Woodcarving <b>11:00 Enjoy Life Gluten Free*</b> 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>1:00 Your Own Story Illustrating &amp; Writing Class*</b> 1:00 Pickin’ Circle	<b>7</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:00 Qigong Class*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>5:00-6:30 TGIF: Dancing &amp; Fun</b>					
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<b>17</b> <b>AWC Closed</b> 	<b>18</b> <b>8:15 Zumba*</b> <b>9:00-1:00 AARP Driver Safety*</b> <b>10:00 Guitar Lessons*</b> <b>11:00 Positive Thinking: When Life Gives Us Lemons*</b> 12:00 Duplicate Bridge <b>1:00 Pastel-Tuesday*</b> 1:00 Pickin’ Circle <b>1:00 Stroke Support Group</b>	<b>19</b> 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> <b>11:00 Wellness Wisdom Workshop: The Mind*</b> <b>11:30 Red Hats Mardi Gras Party</b> 1:00 Bridge Club <b>2:00-4:00 Pottery for Beginners*</b> <b>4:00-6:00 Pottery Studio*</b> 5:00 Line Dancing	<b>20</b> <b>8:15 Zumba*</b> <b>10:00 Caregiver Support Group</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 BUNCO</b> <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>1:00 Your Own Story Illustrating &amp; Writing Class*</b> 1:00 Pickin’ Circle	<b>21</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:00 Qigong Class*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>1:00 AWC Bingo Party</b> <b>5:00 TGIF: Dancing &amp; Fun</b>					
<b>24</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers/ <b>10:30 Euchre</b> <b>11:30 Essentrics Classical Stretch*</b> 12:00 Mah Jongg/12:30 Pinochle <b>1:00 Basket Weaving Class*</b> 1:00 Open Dominos <b>1:00-3:00 Tech Tutoring*</b> <b>3:00 Pinochle Lessons*</b> <b>5:30 Ballroom Dance*</b>	<b>25</b> <b>8:15 Zumba*</b> <b>10:00 Guitar Lessons*</b> <b>11:00 After a Stroke*</b> 12:00 Duplicate Bridge <b>1:00 Pastel-Tuesday*</b> 1:00 Pickin’ Circle <b>2:00 Book Club</b>	<b>26</b> Pastel Show Opens at 1pm <b>9:00 Coffee with a Cop*</b> <b>9:00-11:00 Medicare Q &amp; A</b> 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> 1:00 Bridge Club <b>2:00-4:00 Pottery for Beginners*</b> <b>4:00-6:00 Pottery Studio*</b> 5:00 Line Dancing	<b>27</b> Pastel Show <b>8:15 Zumba*</b> <b>10:00 Member Meeting</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>1:00 Your Own Story Illustrating &amp; Writing Class*</b> 1:00 Pickin’ Circle	<b>28</b> Pastel Show 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:00 Qigong Class*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>1:00 For Your Health with Blue Cross Blue Shield*</b> <b>5:00 TGIF: Dancing &amp; Fun</b>					
<div>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</div>		<i>*Asterik classes require registration. Please note that calendars are subject to change after initial printing. Consult the latest updated calendar at the AWC desk or call for specific questions about events. This calendar was last updated 12/19/2019 10:00AM</i>		<b>Try any Fitness or Water Class for free the last 5 business days of the month!</b> 					

ADULT WELLNESS CENTER FEBRUARY CLASS & ACTIVITY SCHEDULE

**AARP Driver Safety Feb 18th 9am-1pm Game Rm A** Learn safe driving tips and save money on your car insurance. Class is \$15 for AARP members and \$20 for others. Register by Feb 14th.

**After a Stroke Feb 25th 11am Dining Rm** What happens after a stroke, both immediately and down the road. Encompass Health will discuss the processes, therapies and programs that are available for stroke patients. Register by Feb 24th.

**Air Power Lung Society Feb 12th 11am Game Rm A** Open to anyone who has chronic respiratory disease. Facilitated by Melinda Johns of Mercy.

**AWC Author Showcase Feb 11th 10am-12pm Board Rm** There are many talented authors at the AWC. Stop by and see some of their written work and visit with them about their projects. Please contact Brandy if you would like to be in the showcase.

**AWC Bingo Party Feb 21st 1pm Dining Rm** Join us for a fun afternoon of Bingo! Only \$5 to play with the chance to win a \$10 gift card to local businesses. Refreshments will be served.

**Ballroom Dance** This session started in January.

**Basket Weaving Feb 24th 1pm Art Rm** Weave a beautiful basket with Debbie Hurd. Class is \$5 plus supply cost to the instructor. A sample basket and cost will be available at the front desk by Feb 3rd.

**Book Club Feb 25th 2pm Game Rm A** New members always welcome. Check at the front desk to see what we are reading this month and the join us for a discussion.

**Bridge Club W 1pm Game Rm B**

**BUNCO Feb 20th 1pm Game Rm A** Only \$2 to play! BUNCO is lively and fun, with the chance to win a \$5 Wal-Mart gift card.

**Caregiver Support Group Feb 20th 10am Board Rm** Facilitated by the Alzheimer’s Association. All are welcome!

**Coffee with a Cop Feb 26th 9am Game Rm A** Chief Minor and other members of the Rogers Police Department will be with us to talk about current statistics and topics related Rogers crime and answer questions. Register by Feb 25th.

**Coffee with the Elder Law Attorney Feb 13th 9-11am Board Rm** Stop by and get your personal questions answered from Elder Law Attorney, Todd Whatley.

**Creative Card Making Feb 10th 1pm Art Rm** Learn to make beautiful card projects with Genice Banning. Class is \$5 plus \$15 to the instructor for supplies. Register by Feb 7th.

**Diamond Painting W 10am-12pm Board Room** Diamond Painting is a craft of making beautiful pictures with small beads on canvas. Join us and work on your own project.

**Duplicate Bridge T 12-4pm Game Rm B**

**Duplicate Bridge F 12-4pm Game Rm A**

**Enjoy Life Gluten Free Feb 6th 11am Board Rm** If you have a gluten free or dairy free diet, please join us to discuss recipes or ideas. Register by Feb 5th.

**Essentrics Classical Stretch M 11:30am-12:15pm** This class started in January. Look for the next class on our March calendar.

**For Your Health with Blue Cross Blue Shield Feb 28th 1pm Game Rm A** Join us for some interactive learning with Blue Cross Blue Shield. Watch for more details. Register at the front desk.

**Garden Volunteer Meeting Feb 13th 10am Multipurpose Rm** New volunteers always needed to help in the beautiful AWC garden!

**Guitar Lessons T 10am-12pm Dining Rm** This class is for any level of player. \$45 class fee for four sessions. Register by Jan 31st.

**Lifewriting Th 1pm-3pm Board Rm** This memoir writing group meets monthly. Please talk with Brandy in the office for more info.

**Line Dancing Every M & F 9am-11am & W 5-7pm Dining Rm** No registration is required. First hour is for beginners and the second hour is intermediate level.

**Mah Jongg Lessons M 10am-12pm Multipurpose Rm** Learn to play this popular Chinese tile game. \$10 fee. Register by Jan 31st.

**Medicare Q & A Feb 12th & 26th 9am-11am Lobby** Stop by and get your basic Medicare questions answered from Humana.

**Member Meeting Feb 27th 10am Game Rm A** If you have any questions or suggestions for the AWC, please come and share them.

**Northwest Lunch & Learn Feb 12th 12pm Dining Rm** Enjoy an interesting program & delicious lunch! Register by Feb 7th.

**Oil Painting Workshop Feb 3rd 1pm Art Rm** Learn to oil paint with instructor, Marie Sitton. Each student will complete a small oil painting during class. All supplies included. Class fee is \$5 plus \$10 to the instructor. Please register by Jan 31st.

**Open Dominos M 1pm–3:30pm Demo Kitchen**

**Open Dominos W 9:30am-12pm Demo Kitchen**

**Open Euchre M 10:30-12pm Game Rm B**

**Open Hand & Foot TH 1pm-4pm Demo Kitchen**

**Open Mah Jongg M 12pm-4pm Multipurpose Rm**

**Open Mah Jongg TH 12:00pm-4pm Multipurpose Rm**

**Open Paper Crafting F 9am-2pm Art Rm**

**Open Woodcarving TH 10am-12pm Art Rm**

**Parkinson’s Support Group Feb 5th 1pm Game Rm A** For those with Parkinson’s Disease and their family members or caregivers. Facilitated by Michele Love.

**Pastel Class T 1pm or W 10am Art Rm** Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. \$30 fee for four sessions. Register by the day before the class starts.

**Pastel Show Opens Feb 26th 1pm Board Rm**

**Photo Club Feb 11th 11:30am Multipurpose Rm** Join other AWC members who enjoy photography!

**Pickin’ Circle T & TH 1pm Dining Rm** All levels are welcome!

**Pinochle M & F 12:30pm–3:00pm Game Rm B**

**Pinochle Lessons M 3pm Board Rm** Instructed by Margot Tarcikowski. Please register by Jan 31st.

**Positive Thinking: When Life Gives Us Lemons Feb 18th 11am Dining Rm** Learn how to look on the bright side and bring more happiness, connection, and gratitude to your life with tips from Misty Burkes of Humana. Register by Feb 17th.

**Pottery for Beginners** This is the second month in a two-month series of classes designed to prepare students to work independently in our pottery studio. The complete course will be offered again in the spring.

**Pottery Studio W 4-6pm Art Rm** This is for advanced, independent students only. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time, and six pieces fired per month.

**Qigong Class F 10-11:30am Game Rm B** This class will include the Wudang 5 Animal Postures and is instructed by Jason Salgado. \$20 for four sessions. Register by Feb 5th.

**Red Hats Mardi Gras Party Feb 19th 11:30am Demo Kitchen** Feel free to wear a costume or bring a mask. Our hostesses, Elaine and Terry, will provide lunch. Games and laughter are a guarantee for this party! New members welcome!

**Stroke Support Group Feb 18th 1pm Multipurpose Rm** For anyone who has had a stroke. Facilitated by Kandy Salter, U of A/UAMS Professor and Primrose Retirement.

**Tech Tutoring M 1-3pm Board Rm** Becky Booher provides personal tutoring by appointment for your cell phone, laptop, or I-Pad. \$15 per 30-minute session.

**TGIF Dancing & Fun F 5:00-6:30pm Dining Rm** Shake off the week with some dancing, relaxing and socializing.

**Veteran’s Benefit Information Session Feb 4th 11am Game Rm A** As a senior veteran or surviving spouse of a senior Veteran, you may be entitled to long-term care benefits to pay for home care, assisted living or dementia care. Learn more about these benefits from Elder Law Attorney, Todd Whatley. Register by Feb 3rd.

**Wellness Wisdom Workshop: The Mind Feb 19th 11am Game Rm A** Join us for our second in a series of workshops that will cover the dimensions of wellness that allow you to lead a more balanced life. In this session, Jade Goodyear, AWC Fitness & Media Coordinator will give tips to help you learn, create, be curious and feel inspired. Register by Feb 18th.

**Yarn Wranglers M 10am-12pm Art Rm** If you enjoy crafting with yarn, bring your project and join us!

**Your Own Story Illustrating & Writing Class TH 1-3pm Art Rm** Use your own words and illustrations to tell your story through the medium of watercolor. No experience is necessary and it’s easier than you think under the instruction of Janna Columbus. Class is \$20 plus supplies. Register by Feb 4th.

**Zumba T&TH 8:15am Dining Rm** Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25. Free for Silver & Fit members!